

As Seen On . . .



media kit

HOW PROFESSIONALS KEEP IT TOGETHER

EXPLORE TRANSFORM FLOURISH



Support and Hope
for Those Who
Help Others

GILLIAN STEVENS



THE BOOK

DESCRIPTION

What if you devoted as much time and energy in following your own heart's desires as you spend on others? What if you had the courage to be vulnerable enough to ask for that same help and support for yourself, and then even allow yourself to be helped?

Many of us are experiencing the effects of burnout and compassion fatigue due to our increasing job demands and the breakneck speed of life. This book is a must-read if you are feeling stuck, overwhelmed, and exhausted with many life responsibilities, while lacking the energy, inspiration and direction necessary to focus on your life.

Explore, Transform, Flourish provides anecdotal support from helping professionals and strategies that inspire and prompt you to take the first step: Putting yourself first!

This practical guide motivates and supports you through the eight-step Flourishing process with tools and resources to achieve work-life balance, while inviting you to create your best life yet. By transforming your life, you encourage and empower those you work with to make choices to improve their lives, and together we can change the world.

What if it really is *all about you*?

LEARN HOW TO...

- Finally break the cycle of giving to the point of exhaustion.
- Find the time, energy, and motivation to go for what you want and lead a flourishing life.
- Let this powerful system change not only your life but also the lives of all those you work with, so you can make a real difference in the world.



THE BOOK

UNCOVER IN THESE PAGES...

By putting yourself first and devoting as much time and energy in the pursuit of living the life you deserve, you will discover that you have more of these same resources to give to those you work with. Not only can we transform our lives, but we can also change the world together.

- Be a “selfist” and choose to make your life a priority.
- Explore your own story and discover how owning your story positively impacts your life and work.
- Listen to your body and avoid the pitfalls of potential health concerns associated with constant helping behavior.
- Identify the fears that have kept you stuck, distracted, and surviving instead of flourishing.
- Learn to value yourself and your wants and needs as much as you value meeting the needs of others.
- Be courageous and vulnerable enough to ask for and receive the help and support you need.
- Create the life of your dreams: More time, more energy, more love, more success, more money.
- Discover how shifting your perspective changes your life and makes a difference in the world.



THE AUTHOR

Gillian Stevens confesses that she has been a caregiver her entire life, albeit not without great cost to her own life and health. She is extremely grateful for those challenging life experiences and the resulting personal growth that led her to where she is now. She is passionate about sharing what she learned and, more specifically, how she went from surviving to flourishing by focusing on herself and improving her life. She speaks on this topic around the country.

Gillian recently retired from her job as a secondary school guidance counselor where she empowered at-risk youth to overcome barriers to success. She has now pursued her dream of becoming an author. In her coaching practice, Gillian supports individuals experiencing life challenges and encourages them to shift their perspective from victim to victor and achieve the life of their dreams.

Gillian credits her most significant personal growth to her relationships with her three children. She raised them to adulthood while employed as a teacher, and that only contributed to her passion for helping others. Her lived experiences during that time included managing codependency related to addiction, single parenthood, and financial stress while embroiled in the legal system.

Within her writing and speaking platforms, Gillian thoughtfully and compassionately melds her stories with the wisdom of many writers whose words provide inspiration and support. Her message of encouragement is that we possess an inner power, courage and strength, and we can rely on these during times of struggle. We are not, however, meant to do it alone. Together, we can do more than survive or even thrive. We can flourish in our lives!

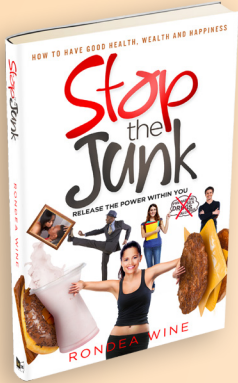


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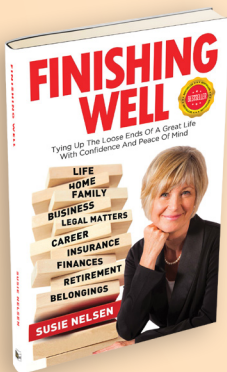
ADVERTISE IN HERE

TESTIMONIALS



“This book inspires its readers to focus their attention on what they want. Energy flows where attention goes. Gillian emphasizes the importance of slowing down and being conscious of what we want, need and dream about. She challenges us to be bold enough to do it differently and focus on ourselves first. Congratulations, Gillian, on a job well done!”

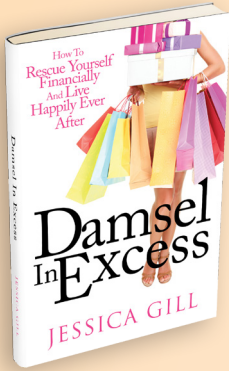
—**Rondea Wine**, author of *Stop The Junk*



“*Explore, Transform, and Flourish* is an eye-opener. Gillian encourages her readers to focus on the positive and the book’s strategies and inspirational quotes, from other authors and the helpers she interviewed provides hope and support for those that help others. It is a timely book based on the rising incidence of burnout and compassion fatigue and Gillian believes that when we focus on what we want and need we encourage others to do the same.”

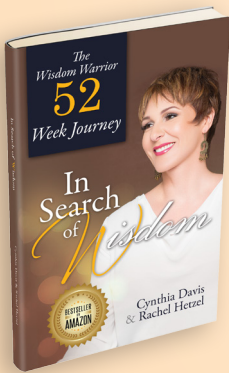
—**Susie Nielsen**, author of *Finishing Well*

TESTIMONIALS



“Help others by helping yourself first!! This book’s message is that when we take care of ourselves first we have more time and energy to help others. Being the best possible version of ourselves encourages others to do the same and together we create a happier, healthier world.”

—**Jessica Gill**, author of *Damsel In Excess*



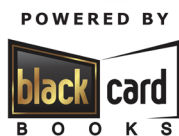
“Throughout her book, Gillian invites her readers to slow down and reflect, to explore their stories and gain clarity about what they want, need and desire. In the busyness of life we often sacrifice our health and dreams to take care of others. When we successfully tune out the distractions and uncover what is important to us, we create the time and energy to create the flourishing life we deserve.”

—**Cynthia Davis**, author of *In Search of Wisdom*

BOOK INFO

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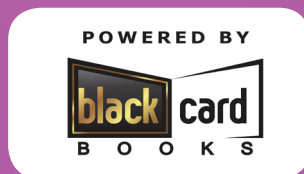
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